

IDAHO KINCARE PROJECT, MARCH 2014

Luck of the Irish

March is Irish-American Heritage month and St. Patrick's Day is celebrated on March 17th. Here are some interesting facts about these fascinating people from the Emerald Isle.

Ireland has a very tragic past; its people were forced to emigrate due to famine. They were treated badly and had to struggle to succeed which many did through hard work, determination and strong character. Many in the US despised the Irish settlers who were successful and felt their fortune was due to "luck" and not hard work. The "Luck of the Irish."

Some of the emigrants were known to have a "wee drop of the creature" which led to bar fights and shenanigans of all sorts. In large cities, they were taken off to police stations in "Paddy Wagons". Paddy was once a slang term for the Irish in our country.

The average height of an Irish man is 5' 8".

The average height of an Irish woman is 5' 5".

88% of Irish nationals are Catholic but only 45% ever attend church.

Only 9% of the Irish population are natural redheads.

A song only needs to sell 5,000 copies to be at the top of the best selling charts

A book only needs to sell 3,000 copies to be a bestseller.

Many Irish family names start with "Mac" or "O" which means "son of" and "grandson of" in Gaelic.

St. Patrick who is so closely associated with Irish was actually born in England in the 4th century. He was the son of a Roman nobleman living in England. He was captured by pirates as a child and taken to Ireland. During his enslavement, he was brought to Christianity. He escaped his captors. He became a missionary and combined Irish pagan beliefs with Christian sacrament, devising the Celtic Cross. St. Patrick did not drive snakes out of Ireland as legend tells us because there were never any snakes on the island. Ireland is surrounded by icy ocean waters, much too cold to allow snakes to migrate from Britain or anywhere else.

It is estimated that over 80 million people of Irish descent live outside Ireland. This is 14 times the current population of the island.

There is no word for "yes" or "no" in Gaelic. If you ask, "Did they sell the house?" The answer would be "They sold" or "They didn't sell".

The top ten surnames and their meaning in Ireland are: Murphy (The Sea Battlers), Kelly (The Bright-Headed Ones), O'Sullivan (The Hawkeyed Ones), Walsh (The Welshmen), O'Brien (The Noblemen), Byrne (The Ravens), Ryan (The Little Kings), O'Connor (Patron of Warriors), O'Neill (From Niall of the Nine Hostages), O'Reilly (Descendants of Raghallach)



**"MAY THOSE WHO LOVE US LOVE US.
AND THOSE THAT DON'T LOVE US, MAY GOD TURN THEIR HEARTS.
AND IF HE DOESN'T TURN THEIR HEARTS, MAY HE TURN THEIR ANKLES,
SO WE'LL KNOW THEM BY THEIR LIMPING.
MAY YOU LIVE AS LONG AS YOU WANT
AND NEVER WANT AS LONG AS YOU LIVE"**

Old Irish Blessing

Spring Proms

It's the time of year when a high school teen's thoughts turn to prom. Going to prom is a high school milestone and traditions have been around for decades. Many teens get wrapped up in the theatrical fantasy. A recent survey reported that the average American family spends \$807 per attendee on prom night. Seems prom is one more place where we have gotten a little out of control. Some teens try to outdo each other making the evening more and more expensive. Now is the time to sit your teen down and help them learn how finances work. Most families don't have an extra \$800 to spend on a one night activity.

Here are some ideas for a inexpensive but fun prom experience.

Dress/tux—see the next article for free clothing.

Hair and makeup—have a trusted friend, or if you can afford the expense, visit a cosmetology school and have a student, create a hair-style under a teacher's guidance. A quick google search for prom makeup tips will give your teen ideas for a great makeup look.

Transportation—skip the limo and drive yourself.

Flowers—purchase flowers from the grocery store and make your own boutonniere and corsage.

Google ideas for creative ways to arrange.

Dinner—a dinner by candle-light at home (with Kincare providers discreetly in the other room) can be a romantic alternative to an expensive dinner out. Even more fun if they are joined by another couple. The guys can cook for the girls!

After prom activities—a safe alternative is a party held at home with everyone's family chipping in for drinks, snack, etc.

Dress and Tux for Prom

Cinderella's Closet at the Assistance League of Boise offers a large selection of formal wear that Ada County high school students can rent for \$15. They have over 600 gowns in all sizes and colors. They also rent tuxedos that include a vest or cummerbund, tie or bow tie. Call Cinderella's Closet at 377-4327. Press 5, then 2. Or email them at cinderellascloset@alboise.org

Dresstravaganza:
<https://www.facebook.com/dresstravaganza> is another source for free prom attire. Contact them at 297-3332.

Shop each other's closets! Swap dresses with other friends.



Or, Wear Duct Tape to Prom and Win a \$50,000 Scholarship!



Duck Tape™ Brand each year sponsors the "Stuck at Prom" contest for high students who create and accessorize their prom outfits with duct tape and wear them to prom.

Dress, tux, hats, ties, shoes, props, all made from duct tape.

Duct tape comes in all colors and patterns from

Gummy Bears, purple zebra, dragons, graphic patterns to rainbow hounds tooth. For more information, inspiration and contest rules, visit:

<http://>

www.duckbrand.com/promotions/stuck-at-prom/

The Sacred Work of Grandparents Raising Grandchildren

Are you a grandparent raising your grandchildren? Do you find it challenging?

Please attend the FREE presentation by Elaine K. Williams, author, consultant and grandmother. Elaine uses a holistic, compassionate, commonsense approach to KinCare. You will be inspired!

Free workshop sponsored by Idaho Department of Health and Welfare. Wednesday, April 30 from 10—11:30 a.m. at Sacred Heart Faith Hall, 811 S. Latah, Boise

Please RSVP to Terry Graves at
208-344-0756 or gravest@dhw.idaho.gov

Elaine received her Master's in Social Work, Psychotherapy and Group work from the University of Michiana. You can learn more about her at www.elainekwilliams.com



MY FAMILY, MY STORY

Idaho children aged up to 18 who live with grandparents or other relatives or are part of a Foster Care Family can win \$100 !!

Write a story, poem or make a drawing describing how living with these significant adults has made a positive difference in your life.

There are three age categories and two \$100 prizes will be awarded in each category.

For more information and to download the rules and an entry form, visit www.211.idaho.gov or call 2-1-1

Final day to submit entries is May 31, 2014